

Walking and Mindfulness Meditation Techniques

What is Mindfulness?

Mindfulness is being fully present in the moment. A sense of awareness, presence...

1. Paying attention to the sensations of the breath
2. Paying attention to the physicality of your body
3. Observing the thoughts in your mind non-judgmentally

Benefits May Include:

Feeling more focused, effective, happier; less stress; change the way you think about situations and/or life.

Walking Meditation

Enjoy the benefits of walking – health and endurance

Enjoy the benefits of meditation – awareness and mindfulness

In walking meditation the act of walking is your focus

Mindfulness Meditation #1 - One-Minute of Mindfulness

- Check your watch and note the time
- For the next 60-seconds your task is to focus all your attention on your breath
- Leave your eyes open and breathe normally
- Catch your mind from wandering off and return your attention to your breath whenever it does so
- Keep in mind that this is not a contest or a personal challenge
 - You can't fail at this exercise, you can only experience it

Mindfulness Meditation #2 – Conscious Observation

- Choose an object that you have lying around
- Hold it in your hands and allow your attention to be fully absorbed by the object
- Observe it
- Don't assess it or think about it, or study it intellectually
- Observe it for what it is
- You'll feel a sense of heightened "nowness"
- Conscious observation is a form of meditation that is subtle yet powerful

This information is intended to be educational only. It is not a substitute for the expertise and judgment of your physician or other medical professional. To be sure this is appropriate for you, please consult with your healthcare professional before using this information.